



U4 Spring Season - Training Session Week 5 - Jumping & Landing

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Young Member

Description

Objective: Players can demonstrate jumping and landing on one foot or two.

*Please read over training session before you begin, and make sure the field is ready for the players before they arrive.

Jump the River (10 mins)

Jump the River - Within the 20x30 yard grid, let the players know that the area between the cones is their island, and they must stay on the island.

Before beginning the activity scatter the noodles, cones or hoops throughout the space so they lay flat in the area.

Explain to the players that they are taking a walk in the woods and may need to cross a stream or river. Ask the players to walk throughout the space and when they come to a river (rope, hoop, or tape line on floor) they need to jump over the river without getting their feet wet.

To assist the players in learning the fundamentals of jumping, coaches should initially ask the players to takeoff on two feet and to swing their arms forward when they jump.

When landing, the players should land on two feet spreading their feet about shoulder width apart so they have a wide base of support when they land. After landing the players should proceed to and jump over the next river.

Emphasis should be placed on landing on both feet at the same time without falling over.

Give the players plenty of time to move throughout the space and jump over all the rivers.

Once players grasp the idea, teach the players to kick the ball over the object "the ball is jumping the river." Teach the players to "scoop" the ball over the "river" and then they must jump over the "river" to receive their ball.



Hot Hoops (10 mins)

Hot Hoops: Within the 20x30 yard grid, let the players know that the area between the cones is their island, and they must stay on the island.

Lay colored hula hoops out, one for each player. The coach chooses one color that is the hot hoop saying, Red hoops are hot! Any player standing in a red hoop jumps out and joins another player in a different color hoop. Coach should place emphasis on players jumping off of two feet and landing on two feet when they jump out of the hoops.

No more than 2 players should share a hoop at one time. When hoops are filled (2 per hoop) it would be time for the players to change the hoop color that is hot.

Players would go back to their original hoop and the game begins again. Everyone is a winner!

-Players first begin with no ball

-Players add soccer ball in their hands and must run with it

-Players add the soccer ball to the ground and must kick the ball, stop it right outside of the hoop and then hop in



Island hopping (10 mins)

Island Hopping - Within the 20x30 yard grid, let the players know that the area between the cones is their island, and they must stay on the island.

Place hula hoops around the area (preferably one hoop per player if possible.) Tell the players that the hoops are islands. During each round call out different locomotion skill such as (hopping, skipping, and dribbling soccer ball). When the coach calls out shark attack, players must jump onto an island to be safe. When adding the soccer balls, players must bring their ball into their island in order to be counted as safe.

Once you have played some rounds then take away half of the hoops. Players are now allowed to share their island with one other friend.



Small Sided Game (10 mins)

Small Sided Games (3v3) - 20 x 30 yard area with a goal at each end of the field.

MAIN FOCUS- Direction

Introduce direction to each individual team. Each individual team will focus on the trying to get the soccer ball into given goal. If ball rolls out then throw an new ball in by saying ball in.

*To help with direction, place the same colored bib on top of the goal that the team is trying to score on.

